

Stroganoff Casserole¹⁰

Number of Servings: 10 (364.03 g per serving)

Amount	Measure	Ingredient
1 1/2	lb	Beef, ground, hamburger, pan browned, 10% fat
3.00	cup	Water, municipal
1 1/2	cup	Rice, brown, med grain, ckd
2 1/2	cup	Soup, cream of mushroom, rducd sod, cond, cnd
1/2	cup	Spice, onion, minced, dehyd
2 1/2	cup	Sour Cream, nonfat

Nutrients per serving

Nutrition Facts			
Serving Size (364g)			
Servings Per Container			
Amount Per Serving			
Calories 360		Calories from Fat 90	
		% Daily Value*	
Total Fat 10g		15%	
Saturated Fat 3.5g		18%	
Trans Fat 0.5g			
Cholesterol 70mg		23%	
Sodium 400mg		17%	
Total Carbohydrate 38g		13%	
Dietary Fiber 2g		8%	
Sugars 8g			
Protein 27g			
Vitamin A 8%		Vitamin C 4%	
Calcium 15%		Iron 15%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Notes

* Buy 1 1/4 # 90 or 93% lean ground beef for each 1# pan browned ground beef called for in the recipe. ~1/2 c crumbled, browned lean ground beef = 2 oz/serving

Heat water to BOILING, stir in all ingredients except Sour Cream. Bake at 375 degrees for 1 1/4 hours, stirring after 1 hour. After being oven for 1 1/4 hours stir in sour cream and return to oven for 10 additional minutes. Transfer to steam table and serve at 160-180 degrees F.

1 serving = 1 cup = 2 #8 scoops

1 serving = 38 grams carbohydrate = 2 1/2 Carb servings